



# GERMS AND HOW THEY SPREAD

## A Handwashing Lesson using Glo Germ

### Introduction

Students are taught to be polite and share. Well, they tend to do that a little too well during flu season. Kids are GREAT at sharing germs, such as viruses and bacteria that cause illness. The number one way to prevent the spread of germs is handwashing! We use our hands for everything. Just think how many people open doors touching the door handle, share pencils or touch the desks...were their hands clean or did they have germs on their hands? How easily are germs spread? This lesson will help you relay good information to help your students learn about germs, handwashing and staying healthy.

### Students will:

- Understand that germs live on hands and surfaces, but are too small to see.
- Understand that to prevent and reduce the spread of germs, we must wash our hands and keep our hands out of mouths, eyes and noses.
- Identify places and objects where germs live and hide.
- Demonstrate their knowledge about germs and how they are spread.
- Demonstrate proper technique when washing hands.

### Directions:

Before entering the classroom, apply Glo Germ powder to the palm of your hand. As you greet the class, shake a few students' hands.

Turn the lights off in the room and use a UV light to reveal the Glo Germ powder on your hand. Explain that you sprinkled powder onto your hand that glows under ultraviolet light. Tell students:

*What you see on my hand is actually a powder I put on my hand. Let's pretend it that it is a germ that can make someone sick. Imagine I came to school today not feeling well and sneezed into my hand. Now I have those "germs" on my hand. Let's see who else has germs on their hands.*

Have the students all put out their hands. Explain that anyone whose hands glow has essentially caught the same "germs" you have.

### Discussion:

- Explain that while germs are everywhere, there are ways we can protect ourselves from getting sick.
- Discuss that germs are very small, they can be on our hands even though we can't see them!
- Explain that once germs are on our hands, they enter our bodies through our eyes, nose or mouth. So, it is very important to not touch our faces unless we wash our hands first. Discuss how germs spread.
- Ask the students where do they think germs hide? Discuss when we should wash our hands:
  - ✓ after using bathroom
  - ✓ after playing outside
  - ✓ when hands look dirty
  - ✓ before eating
  - ✓ after sneezing, coughing or blowing nose
  - ✓ after touching animals or their cages
- Demonstrate good hand washing technique focusing on:
  1. **Wet** your hands with clean, running water (warm or cold), turn off the tap and apply soap.
  2. **Lather** your hands by rubbing them together with the soap.  
Lather the backs of your hands, between your fingers and under your nails.
  3. **Scrub** your hands **for at least 20 seconds**.  
Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
  4. **Rinse** your hands well under clean, running water.
  5. **Dry** your hands using a clean towel or an air dryer.

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